

# AWAKENING YOUR SOUL

## *From Ego to Enlightenment*



**An afternoon workshop with Gavin Roberts  
MONDAY 25<sup>TH</sup> MARCH 2019 FROM 1 TILL 4 PM  
THE TREE ROOM, TRINITY STREET, COLCHESTER**

## **Are you ready to awaken?**

**On this new workshop we'll explore psychological theories and spiritual philosophies and practice a variety of exercises to help you...**

- **Break free from past (ego) conditioning and live life as your True-Self**  
We'll explore how the ego gets conditioned early in life, resulting in a 'splitting' from your True-Self – *and how you can rediscover it and become whole again*
- **Find a deeper meaning and purpose in your life**  
Having a meaning and purpose in life meets a vital emotional need and can protect you from the effects of ego-consciousness (i.e. mental ill-health)
- **Live life with greater presence, feeling more awake and alive**

We spend much of our lives as ghosts to ourselves and others. We'll explore and practice how we can come back home and live life with greater presence – *no matter what your present circumstances and situation*

- **Develop soul consciousness through higher vibrational states like altruism, compassion, empathy, and love**

These 'states' awaken what has been termed 'the heart chakra', helping us to relate better to others *and ourselves*.

**Altruism + Compassion + Empathy = Love**

- **Connect to a larger reality – call it God, Great Spirit, the Universe, The Source, All that Is, The Tao, Nature etc.**

Once the soul is awakened a portal is opened to expanded states of consciousness. Some refer to this as 'Oneness' or Unity Consciousness. It is the state known by the mystics as non-duality. The Buddhist's call it 'enlightenment'.

**If you're interested in understanding your own psychological and spiritual development and evolution, this is the workshop for you.**

**Three hours that can help you **Awaken Your Soul** and come back home to your True-Self. It costs just £35 and includes a copy of the presentation slides and comprehensive supporting notes.**

**BOOK YOUR PLACE NOW**

**[www.human-spirit.co.uk/workshops](http://www.human-spirit.co.uk/workshops)**

**or call Gavin on 0845 450 2326**

